

Avoiding Burnout During Service: Helpful Links

<p>Burnout Survey</p>	<p>Receive immediate results about burnout symptoms you might be experiencing, and you can begin to choose to insert self-care activities and experiences into your schedule</p>
<p>Self Awareness Stress Survey</p>	<p>20-statement survey to help you identify the specific areas where you experience the highest difficulty or ease managing your stressors</p>
<p>Time Management Tools and Resources</p>	<p>List of some great electronic time management tools recommended by other VISTAs</p>
<p>Managing Your Living Allowance: Budgeting</p>	<p>List of resources that can aid you in creating and managing a budget</p>
<p>Managing Your Living Allowance</p>	<p>List of cost saving ideas for living on the living allowance that was generated by other VISTAs</p>
<p>VISTA Leader Stress Guide</p>	<p>Guide that thoroughly explores the kind of stressors VISTAs and VISTA leaders encounter during their service year. Although written by VISTA leaders, its contents apply to VISTAs as well</p>
<p>Emotional Intelligence: 2.0</p>	<p>Recommended book by Travis Bradberry and Jean Greaves aimed at helping people identify their emotional intelligence, or the ability to identify and manage emotions in positive ways</p>
<p>The Relaxation and Stress Reduction Workbook</p>	<p>Recommended interactive workbook by Martha Davis that helps people better identify and cope with their stressors</p>
<p>Start with Why TED Talk</p>	<p>Inspiring and provoking TED Talk by Simon Sinek, referring to how great leaders inspire action</p>